

Mister Donut Nutritional Information

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Figures are subject to change without notice with product and criteria updates.

Please check back as this information is updated periodically.

*Item availability may vary by shop.

*Sugar sticks and gum syrup are not included in the nutritional information on the drink menu.

◆For Inquires about our products: Mister Donut Customer Center

Toll-free Number: 0120-112-020 [Hours: 9:00 AM – 5:00 PM (Except Sundays)]

As of May 1, 2024

Product Name	Nutrients (per item)				
	熱量	たんぱく質	脂質	炭水化物	食塩相当量
	Energy	Protein	Fat	Carbohydrate	Salt equivalent
	kcal	g	g	g	g
▼misdo meets Gion Tsujiri					
Pon De Ring Double UJI Matcha	225	1.8	12.6	25.9	0.6
Pon De Ring UJI Matcha – Crunchy Rice Crackers	241	2.0	12.6	29.6	0.6
Pon De Ring UJI Matcha – Wasanbon Warabimochi	216	1.9	10.2	28.9	0.6
Extra Rich Donut – Thick Matcha Cream	312	2.2	19.6	31.7	0.1
Extra Rich Donut – Fluffy Matcha Whipped Cream	286	2.2	16.7	32.2	0.1
Soft Pon De Ring Double UJI Hojicha	213	1.4	11.4	26.0	0.5
Soft Pon De Ring UJI Hojicha – Soy Flour	220	1.5	11.5	27.5	0.5
▼Winter Donuts Collection					
Pon de Ring Golden & Strawberry	298	1.7	17.2	34.1	0.6
Whipped Cream & Custard Fashion	375	4.3	23.0	36.7	0.8
Chocolate Crunch Custard French	265	3.1	18.0	22.1	0.3
▼Crunchy Soft Ring					
Crunchy Soft Ring – Curry & Egg	328	7.2	20.5	28.0	1.3
Crunchy Soft Ring – Spicy Cod Roe Potato & Egg	324	7.2	20.8	26.5	1.4
Crunchy Soft Ring – Red Bean & Whipped Cream	362	6.7	19.4	40.4	0.6
▼Pon De Ring					
Pon De Ring	217	1.3	12.0	26.1	0.6
Pon De Ring Brown Sugar	202	1.3	12.1	22.0	0.6
Pon De Ring Strawberry	246	1.4	15.8	24.3	0.6
Pon De Ring Sugar	215	1.2	12.2	25.1	0.6
Pon De Ring Red Bean Paste	247	2.4	12.4	32.4	0.6
Pon De Ring Angel	248	1.8	15.7	24.7	0.6
Pon De Ring Plain	194	1.2	12.0	20.2	0.6
▼Yeast Donut					
Angel Cream	201	3.1	12.1	19.6	0.5
Custard Cream	214	3.8	11.0	24.6	0.5
Honey Dip	202	3.9	9.6	24.9	0.7
Sugar Raised	192	3.9	9.7	22.0	0.7
Chocolate Ring	238	4.4	13.9	23.5	0.7
Strawberry Ring	239	4.0	14.0	23.9	0.7
White Chocolate Ring	250	4.1	14.1	26.5	0.7
Roasted Soy Flour Ring	193	4.4	10.1	21.0	0.7
Cinnamon Ring	200	3.9	9.8	23.8	0.7
Cocoa Ring	196	4.1	9.9	22.4	0.7
Maple Ring	210	3.9	9.7	26.6	0.7
▼French Cruller					
French Cruller	154	1.5	10.1	14.0	0.3
Angel French	192	2.1	14.6	12.6	0.3
Strawberry Custard French	197	2.2	13.9	15.3	0.3
Maple Angel French	177	1.7	11.7	15.7	0.3

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	Energy kcal	Protein g	Fat g	Carbohydrate g	Salt equivalent g
▼Old Fashion					
Old Fashion	293	3.3	18.0	28.5	0.8
Chocolate Fashion	330	3.7	20.8	31.3	0.8
Old Fashion Honey	355	3.4	18.0	44.4	0.8
Old Fashion Brown Sugar	306	3.4	18.2	31.5	0.8
Strawberry Fashion	331	3.4	20.9	31.5	0.8
Old Fashion Cinnamon	303	3.3	18.1	30.7	0.8
▼Chocolate					
Chocolate	239	3.2	13.3	26.3	0.5
Coconut Chocolate	259	3.4	15.9	25.8	0.5
Golden Chocolate	269	3.4	13.9	32.2	0.5
Double Chocolate	265	3.6	16.8	24.3	0.5
▼Churro					
Honey Churro	216	3.7	11.0	25.3	0.5
Chocolate Churro	282	4.5	17.5	26.1	0.5
Strawberry Churro	283	3.9	17.7	26.5	0.6
▼Soft Fruit Stick					
Soft Fruit Stick Plain	136	2.4	5.3	20.3	0.5
Soft Fruit Stick Cinnamon	140	2.4	5.4	21.2	0.5
Soft Fruit Stick Honey	144	2.4	5.3	22.2	0.5
▼Pie					
Hot Sweet Pie Apple	264	3.4	13.5	32.5	0.5
Hot Savory Pie BBQ Frankfurt	311	6.8	21.5	24.1	1.5
Shrimp Gratin Pie	236	5.5	13.2	23.4	1.0
Curry Pie Made With Thirty-Six Spices	263	5.2	15.0	27.1	1.0
Chicken & Macaroni Genovese Pie	286	4.8	16.2	30.0	1.0
Potato Bacon Pie	246	3.6	14.9	24.3	0.9
▼Muffin					
Moist Muffin – Butter Flavor	344	4.2	18.0	41.1	0.9
Moist Muffin – Chocolate	323	3.9	17.3	37.7	0.7
Moist Muffin – Lemon & Cheese Cream	295	3.7	12.7	41.2	0.9
▼Donuts that do not contain specific allergenic ingredients					
Soft Baked Donut – Plain (2 donut pack)	186	1.3	7.7	27.4	0.4
Soft Baked Donut – Plain (per donut)	93	0.7	3.9	13.7	0.2
▼Donut Pop					
Donut Pop – Angel Cream Ball	39	0.5	2.4	3.8	0.1
Donut Pop – Pon De Ring Strawberry Ball	43	0.3	2.7	4.4	0.1
Donut Pop – Old Fashion Ball	56	0.6	3.8	4.8	0.1
Donut Pop – Chocolate Fashion Ball	69	0.7	4.7	5.8	0.1
Donut Pop – Strawberry Fashion Ball	69	0.6	4.7	5.8	0.1
Donut Pop – Golden Chocolate Ball	48	0.6	2.2	6.3	0.1
Donut Pop – Coconut Chocolate Ball	45	0.6	2.7	4.7	0.1
Donut Pop – Pon De Ring Ball	36	0.2	2.0	4.4	0.1
Donut Pop – Pon De Ring Sugar Ball	35	0.2	2.0	4.1	0.1
Donut Pop – Pon De Ring Chocolate Ball	43	0.3	2.7	4.4	0.1
Donut Pop – Strawberry Ball	34	0.4	2.3	2.9	0.1
Donut Pop – Old Fashion Brown Sugar Ball	61	0.6	3.8	5.8	0.1

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	Energy kcal	Protein g	Fat g	Carbohydrate g	Salt equivalent g
▼Online Order Limited Donut					
Thick Chocolate Fashion	386	4.2	24.9	35.4	0.8
Strawberry & Chocolate Fashion	419	4.0	27.4	38.1	0.8
Custard & Angel Cream	203	3.4	11.2	21.8	0.5
Double Cream French	198	2.3	14.5	13.9	0.3
▼Topping					
Whipped Cream Topping	106	1.1	7.2	9.3	0.1
▼Hot Dog					
Hot Dog	331	10.6	19.8	26.3	2.0
Cheese Hot Dog	366	12.9	22.7	26.2	2.2
▼Pizzetta					
Quattro Cheese Pizzetta	263	9.4	11.5	30.5	1.0
▼Yam Cha					
Soy Sauce Noodles	229	8.4	1.1	43.7	3.7
Sichuan Dandan Noodles	538	16.9	28.0	51.4	4.6
Egg Fried Rice 【Uses rice grown in Japan】	588	16.2	24.3	72.3	2.4
Egg Fried Rice (Half-sized) 【Uses rice grown in Japan】	294	8.1	12.2	36.2	1.2
Cold Noodles with Setouchi Lemon, Seafood & Vegetables	333	11.6	2.3	64.1	3.7
Sweet & Spicy Cold Noodles with Pork and Root Vegetables	350	12.9	5.4	59.8	3.6
Spicy Cold Noodles with Soy Milk & Sesame	473	16.1	21.8	50.4	2.6
▼Soup					
Hokkaido Corn Soup	115	2.5	3.1	19.3	1.6
▼Coffee					
MISDO Blend Coffee 【Mug Cup】	7	0.4	0.0	1.2	0.0
MISDO Blend Coffee 【Paper Cup】	9	0.4	0.0	1.5	0.0
MISDO Iced Coffee	6	0.3	0.0	1.1	0.0
▼Decaf Coffee					
Decaffeinated Coffee	9	0.4	0.0	1.5	0.0
Decaf Iced Coffee	5	0.2	0.0	0.8	0.0
▼Café au Lait					
MISDO Café au Lait 【Mug Cup】	66	1.7	2.9	8.1	0.1
MISDO Café au Lait 【Paper Cup】	82	2.1	3.6	10.2	0.1
MISDO Iced Café au Lait	67	1.7	3.1	8.2	0.1
▼Decaf Café au Lait					
Decaf Café au Lait	51	1.4	2.1	6.6	0.1
Decaf Iced Café au Lait	47	1.2	2.1	5.8	0.1
▼Royal Milk Tea					
Royal Milk Tea 【Mug Cup】	64	1.6	3.0	7.6	0.1
Royal Milk Tea 【Paper Cup】	80	2.0	3.8	9.6	0.1
Iced Royal Milk Tea	68	1.7	3.2	8.1	0.1

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▼Tea					
Hot Tea – Darjeeling	3	0.3	0.0	0.3	0.0
Hot Tea – Darjeeling Milk	15	0.4	1.3	0.5	0.03
Hot Tea – Darjeeling Lemon	3	0.3	0.0	0.5	0.0
Iced Tea – Earl Grey	2	0.2	0.0	0.2	0.0
Iced Tea – Earl Grey Milk	15	0.4	1.3	0.4	0.0
Iced Tea – Earl Grey Lemon	3	0.2	0.0	0.4	0.0
Hot Jasmine Tea	3	0.3	0.0	0.0	0.0
Iced Jasmine Tea	2	0.2	0.0	0.0	0.0
Iced Oolong Tea	0	0.0	0.0	0.0	0.0
▼Milk					
Hot Milk	123	5.9	7.2	8.7	0.2
Iced Milk	161	7.8	9.5	11.4	0.2
▼Rich Shake					
Madagascar Vanilla	277	7.5	5.1	50.4	0.4
Chocolate Fudge	364	8.4	15.9	46.8	0.4
▼Soft Drink					
Minute Maid Orange Juice	83	0.2	0.2	20.1	0.0
Aomori Fuji Apple 100% Juice	89	0.2	0.4	21.5	0.0
Coca Cola	103	0.0	0.0	25.8	0.0
Melon Soda	116	0.0	0.0	28.9	0.0
CALPIS	128	0.5	0.2	30.9	0.0
▼"KORI" Coffee					
"KORI" Coffee	143	7.0	8.0	10.8	0.2
Double "KORI" Coffee	203	10.0	11.2	15.9	0.3
▼Tapioca Drink					
Chewy Tapioca Brown Sugar Royal Milk Tea	282	1.5	2.6	63.0	0.1
Chewy Tapioca Brown Sugar Milk	333	5.2	6.0	64.6	0.2
▼Taiwanese Fen Guo Fruit Tea					
Taiwanese Fen Guo Fruit Tea – Peach & Mixed Berry	211	0.6	0.0	52.1	0.0
Taiwanese Fen Guo Fruit Tea – Mango & Passion Fruit	212	0.8	1.0	49.7	0.0
▼【Only Available in Certain Shops】 Drink					
Mild Café Latte S	120	5.9	6.7	8.7	0.2
Mild Café Latte M	142	7.0	7.9	10.4	0.2
Iced Mild Café Latte S	102	5.0	5.7	7.4	0.2
Iced Mild Café Latte M	136	6.7	7.6	9.9	0.2
Chocolate Café Latte S	189	6.5	7.0	25.9	0.3
Chocolate Café Latte M	236	7.8	8.4	33.7	0.4
Iced Chocolate Café Latte S	163	5.6	6.0	22.7	0.3
Iced Chocolate Café Latte M	222	7.5	8.0	31.4	0.3
Hot Milk Chocolate	184	6.5	7.1	24.5	0.3
Iced Milk Chocolate	154	5.0	5.4	22.4	0.2
Double Espresso Latte	142	7.0	7.9	10.4	0.2
Iced Double Espresso Latte	137	6.8	7.6	10.2	0.2
Double "KORI" Coffee Latte	182	9.0	9.5	14.8	0.3

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	kcal	g	g	g	g
▼【Only Available in Certain Shops】 MISDO Pizza					
Margherita S	440	20.2	14.5	57.2	2.1
Margherita M	750	32.5	22.3	104.7	3.7
Margherita L	1119	46.8	31.7	161.1	5.4
Mochi, Teriyaki Chicken and Mayonnaise S	532	20.4	20.4	66.7	3.1
Mochi, Teriyaki Chicken and Mayonnaise M	1003	36.5	40.8	122.6	5.6
Mochi, Teriyaki Chicken and Mayonnaise L	1526	55.5	61.9	187	8.3
Six Cheese Pizza S	530	25.0	23.6	54.5	2.3
Six Cheese Pizza M	932	43.4	39.9	100.0	4.2
Six Cheese Pizza L	1393	63.9	58.0	154.1	6.2
Smoked Salmon & Avocado Cream Pizza S	495	19.5	19.9	59.5	2.7
Smoked Salmon & Avocado Cream Pizza M	840	32.6	31.3	107.0	4.5
Smoked Salmon & Avocado Cream Pizza L	1245	47.4	44.4	164.1	6.5
Boiled Sakura Shrimp & Whitebait Pizza S	440	22.3	13.3	57.8	2.7
Boiled Sakura Shrimp & Whitebait Pizza M	805	39.6	24.8	106.2	4.9
Boiled Sakura Shrimp & Whitebait Pizza L	1230	59.0	37.9	163.5	7.2
(Half & Half) Margherita / Mochi, Teriyaki Chicken and Mayonnaise M	876	34.5	31.5	113.6	4.6
(Half & Half) Margherita / Mochi, Teriyaki Chicken and Mayonnaise L	1322	51.2	46.8	174.1	6.9
(Half & Half) Margherita / Six Cheese Pizza M	841	38.0	31.1	102.3	3.9
(Half & Half) Margherita / Six Cheese Pizza L	1256	55.4	44.8	157.6	5.8
(Half & Half) Margherita / Smoked Salmon & Avocado Cream Pizza M	795	32.5	26.8	105.8	4.1
(Half & Half) Margherita / Smoked Salmon & Avocado Cream Pizza L	1182	47.1	38.1	162.6	6.0
(Half & Half) Margherita / Boiled Sakura Shrimp & Whitebait Pizza M	778	36.0	23.5	105.4	4.3
(Half & Half) Margherita / Boiled Sakura Shrimp & Whitebait Pizza L	1174	52.9	34.8	162.3	6.3
(Condiments) Red Hot Chili Flakes	8	0.3	0.2	1.3	0.02
▼【Only Available in Certain Shops】 Donuts					
Home Cut	202	2.4	11.4	22.0	0.6
Honey Dough	237	2.4	11.4	31.0	0.6
Powdered	225	2.4	11.8	26.9	0.6
Cinnamon	214	2.4	11.5	24.8	0.6
Coconut	253	2.7	14.5	28.2	0.6
Butter Crunch	250	2.6	11.8	33.1	0.6
Plain Cruller	170	2.6	6.7	24.7	0.6
Sugar Cruller	183	2.7	6.8	27.5	0.6
Cinnamon Cruller	179	2.7	6.7	26.5	0.6
Twisty	307	5.0	16.9	33.5	0.8
Coffee Roll	325	4.9	19.1	32.8	0.8